



Sunday November 20, 2022

My Mind

Part 6: Overcoming Negative Thoughts and Emotions

Today we consider another area of challenge for all of us – negative thoughts and emotions.

Negative thoughts and emotions – how they affect us

All of us struggle with negative thoughts and emotions. None of us are exempt. A negative thought is a thought that disturbs or upsets us, triggering feelings of self-doubt, low self-worth, insecurity, inadequacy, fear, anxiety, worry, discouragement, sadness, jealousy, bitterness, anger, hate, and a host of other negative emotions. If unchecked this leads to negative thinking resulting in unhelpful and sometimes unhealthy behavior such as depression, withdrawal, speaking evil, outbursts of anger, hostility, revenge, violence, etc.

Negative thoughts and emotions can cripple us, demotivate us and prevent us from engaging meaningfully in day to day life. These thoughts can leave us feeling helpless, hopeless, cause chronic stress, and leave us feeling miserable and unhappy. Our thinking affects how we view and approach life in general.

Our thoughts and emotions also affect our health. A variety of health problems such as high blood pressure (hypertension), heart disease, digestive disorders, low immunity, etc. can be influenced by our mental health condition.

Sadly, negative thinking can become a habit. If unchecked, negative thinking becomes a normal practice and our default perspective on things. We get preoccupied mentally rehearsing all possible negative scenarios and start working through how we would get past them.

While negative thoughts and emotions do have a debilitating effect on our lives, positive emotions do us tremendous good and help us become resilient even through adverse situations. We must learn how to overcome negative thoughts and emotions and develop and maintain a positive mindset.

Being factual without being negative



Life has its challenges and can bring several opportunities to become negative in our thinking. There are two approaches we must avoid in learning to deal with negative thoughts and emotions. We must not be in denial, avoiding the facts or pretending things are not the way they are. Neither should we fall into what the Bible refers to as self-deception, having an incorrect or inaccurate view of ourselves. We must avoid being in denial or self-deception.

Guard against denial and self-deception

Romans 12:3

For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

Galatians 6:3

For if anyone thinks himself to be something, when he is nothing, he deceives himself.

We must have an honest estimation of the situation and of ourselves. We must not deny what we are facing or experiencing. Neither are we to deny where we are personally in relation to the situations we are confronted with. We must be honest with ourselves. We need to see things objectively. We must respect the views and opinions expressed by others, especially those who have expertise in a certain matter, for example, the physician, or a financial adviser, or a lawyer, etc.

Having understood and recognizing things for what they really are, we must now operate from a place of faith in our hearts. In all matters we walk by faith (2 Corinthians 5:7). We bring our faith in God to bear on the situation and the matters we are confronted with. We must learn to respond responsibly and with faith in our hearts. We manage our thoughts and emotions in a similar manner, from a place of responsibility as well as faith in God. We learn to be factual, without becoming negative. **We must learn to be factual and be faith-filled.** Faith in God always keeps us positive in our thoughts, emotions, and perspective of things. **Faith enables us to walk with a renewed mind and take on the ways and thoughts of God even when the facts are negative.**

Applying Biblical truth to counter negative thoughts and emotions

To counter negative thoughts and emotions, we are going to apply all that we have learnt so far from the Scriptures:

Meditation in God's Word (chapter 2).

Speaking God's Word against temptations and obeying God's Word (chapter 3).



Taking thoughts captive, casting down arguments and imaginations and pulling down strongholds (chapter 4).

Renewing the mind by thinking aligned to God's thoughts and God's ways (chapter 5).

We will work through a few examples of applying what we have learnt to one or more specific areas where we must counter negative thoughts and emotions.

Overcoming fear

Overcoming depression

Overcoming thoughts of self-harm and suicide

For each of these areas we will:

A, Meditate in God's Word

B, Speak God's Word

C, Take thoughts captive, cast down arguments and imaginations and pull-down strongholds

D, Renew the mind by thinking aligned to God's thoughts and God's ways

You can write down a similar approach for any other area where you are being challenged with negative thoughts and emotions.

Overcoming fear

For each of us, different situations can cause thoughts and emotions of fear. This could be fear of the future, fear of failure, fear of heights, fear of flying, fear of meeting people, fear of death, etc. Sometimes these fears become what is referred to as a phobia, a type of anxiety disorder. It causes a person to experience overwhelming, crippling or debilitating fear of something that often in reality does not pose any harm or danger. The fear seems irrational and yet affects the individual's everyday life.

If thoughts that cause fear seem to be troubling you, then practice the following.

NOTE: You can download the 'All Peoples Church Bangalore' Church App where Scriptures on several topics are listed in the TOOLKIT section.

A, Meditate in God's Word to counter fear

Meditate in the following Scriptures

Joshua 1:9

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."



Psalm 138:3

In the day when I cried out, You answered me, And made me bold with strength in my soul.

Proverbs 3:26

For the LORD will be your confidence, And will keep your foot from being caught.

Proverbs 28:1

The wicked flee when no one pursues, But the righteous are bold as a lion.

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

B, Speak God's Word to counter thoughts of fear and act against fear

When thoughts of fear seem to come into your mind, personalize and speak these Scriptures. Then do what you can to act against those thoughts of fear. Do what fear says you cannot do. Act in faith against those negative thoughts of fear. Act against fear.

(Pastors, please illustrate how to speak the above Scriptures in a personalized way)

C, Take thoughts captive, cast down arguments and imaginations and pull-down strongholds

If vivid pictures, imaginations, or arguments that cause fear seem to capture your mind, speak God's Word against such things. Declare boldly in Jesus' name that you reject those thoughts, arguments, and imaginations.

D, Renew the mind by thinking aligned to God's thoughts and God's ways

In your quiet moments, when thoughts of fear are not troubling you, take time to intentionally remind yourself of the Scriptures on boldness. Align your thinking to God's thoughts and see yourself being bold and acting boldly in that area. Paint pictures of you being bold and doing bold things.

Overcoming depression

Depression is often manifested through a sense of hopelessness, heaviness, and gloominess. We realize there can be many causes and triggers for depression. Sometimes it could have to do with the functions of the brain (chemicals, etc.). Sometimes it could be life situations, challenges, experiences, even weather conditions, etc. Regardless of the cause, God is our Healer. He restores our soul.

Let's apply the same Biblical principles or practices.



A, Meditate in God's Word to counter feelings of depression

Meditate on these and other Scriptures that would be relevant to your situation.

Psalm 30:11

You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness,

Psalm 35:9

And my soul shall be joyful in the LORD; It shall rejoice in His salvation.

Psalm 42:5

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

Psalm 103:1,2

1 Bless the LORD, O my soul; And all that is within me, bless His holy name!

2 Bless the LORD, O my soul, And forget not all His benefits:

Isaiah 61:3

To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified."

B, Speak God's Word to counter thoughts and feelings of depression

When feelings of depression, and gloominess seem to start coming over you, personalize and speak these Scriptures. Intentionally bless and glorify God with thanksgiving and praise. Then do what you can to act against those feelings of depression. Instead of letting depression dictate your mood, thoughts, and actions, intentionally do what you would do, if you were full of joy, zeal, zest and passion.

(Pastors, please illustrate how to speak the above Scriptures in a personalized way)

C, Take thoughts captive, cast down arguments and imaginations and pull-down strongholds

If there are specific thoughts and imaginations that fill your mind causing you to become depressed, despondent, and hopeless – cast those thoughts and imaginations down. Don't let them stay in your mind.

D, Renew the mind by thinking aligned to God's thoughts and God's ways

Instead of thoughts, imaginations and reasonings that cause depression, take time to think and fill your mind with faith-filled positive thoughts, dreams and imaginations, based on God's Word. God's Word always fills us with hope.

Psalm 119:28

My soul melts from heaviness; Strengthen me according to Your word.



Overcoming thoughts of self-harm and suicide

People often self-harm or cause self-injury is a harmful way to cope with emotional pain, sadness, anger, and stress. There could be varying causes for the emotional pain being experienced: low self-worth, experience of failure, increasing peer pressure, loneliness, conflicts with parents or other authority figures, abuse, loss of a relationship, etc. Inflicting self-injury may bring a brief sense of calm and a feeling of release from the emotional tension. However, it is an unhealthy way of coping with life's situations. After inflicting self-harm, the person usually experiences guilt and shame and returns to the underlying painful emotions. While self-harm is not usually a suicide attempt, it could lead to such attempts because of the underlying emotional problems. Sometimes self-injury can be unintentionally fatal.

Let's apply the same Biblical principles or practices.

A, Meditate in God's Word to counter thoughts of self-harm and suicide

Meditate in the following Scriptures that speak of your worth and purpose as given by God. You could also include other Scriptures that are relevant to the specific situation(s) causing emotional pain:

Psalm 139:13-17

13 For You formed my inward parts; You covered me in my mother's womb.

14 I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.

15 My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth.

16 Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them.

17 How precious also are Your thoughts to me, O God! How great is the sum of them!

Jeremiah 29:11

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

Romans 5:8

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

B, Speak God's Word to counter thoughts of self-harm and suicide

Speak and declare your worth as described in Scripture. You are worth so much to God that He sent His Son for you. God has good things in store for you.

(Pastors, please illustrate how to speak the above Scriptures in a personalized way)



C, Take thoughts captive, cast down arguments and imaginations and pull-down strongholds

When negative thoughts, feelings, and emotions that cause you pain seem to come over you— counter them with the Word of God. Always affirm your worth and value before God. If you need to release forgiveness for someone who has caused you pain, ask God to help you do this. (more on this later in this chapter).

D, Renew the mind by thinking aligned to God's thoughts and God's ways

Intentionally choose to think and act according to who you are in God's eyes. Don't let your past experiences dictate your value or your identity. Think aligned to what God's Word says about you. Speak and act aligned to what the Word of God says you are.

We have only mentioned a few areas where we have to battle negative thoughts and emotions. However, you can write down a similar approach for any other area where you are being challenged with negative thoughts and emotions.

Example:

Overcoming anxiety and worry

Overcoming sorrow and grief

Overcoming thoughts of anger, hate, revenge and violence

Wicked spirits behind negative thoughts and emotions

Another important truth the Bible presents to us is that there can be demonic spirits that energize negative thoughts and emotions. While we understand natural causes, we must not neglect the fact that demonic spirits could be behind such things.

Fear is a spirit. 2 Timothy 1:7 mentions a spirit of fear.

Depression is a spirit. Isaiah 61:3 mentions a spirit of heaviness

Hence, there are times we need to rebuke and resist the spirit behind that thought or emotion, in the authority of Jesus name.

Dealing with the negatives of the past

Sometimes memories of past experiences: our own actions, other's deeds toward us, etc. Example: unresolved grief, trauma, abuse, betrayal, etc. Some of these painful memories can affect us in the present. Suppression alone will not help. This must be



“erased” or appropriately, dealt with, where you are able to talk about them without being adversely affected by the pain and negative emotions associated with that experience. We cannot undo the experience, but we can be released from the painful emotions associated with what happened.

We will look at two Bible incidents that bear truth that will help us deal with the negatives of the past.

Jacob meets Esau

Jacob had cheated his brother Esau and stolen the blessings of birthright from him. He ran away for about fourteen years. God has been gracious to Jacob during this time. He now had a family and lots of possessions. Fourteen years later, Jacob was headed back to his homeland, and he now received news that his brother Esau was coming out to meet him with four hundred men. We read about this incident in Genesis 32.

Imagine Jacob’s thoughts and emotions. What could have been going through his mind. The Bible simply records *"Jacob was greatly afraid and distressed"* (Genesis 32:7). That night Jacob engaged with God. He cried out to God: *"Deliver me, I pray, from the hand of my brother, from the hand of Esau; for I fear him, lest he come and attack me and the mother with the children."* (Genesis 32:11). He had an encounter with God, where he took hold of God and would not let go until he received God’s blessing.

God changed Jacob’s name from Jacob (meaning cheater) to Israel (meaning a prince with God)—as he prepared to face his past. By changing his name God changed who he was. Jacob faced his past, not as Jacob, but as Israel, because he had an encounter with God.

This is a powerful lesson for us to learn. When we come face to face with the past, whether in real life or in our memories, we must relate to our past not as “Jacob” (who we were) but as “Israel” (who we are in Christ). **Face your past not as who you were but as who you are, in Christ.**

Joseph meets his brothers

We now consider another incident, that of Joseph, one of Jacob’s sons and how he related to his brothers who had wronged him terribly. Joseph’s brothers were so jealous of him that they sold him away to strangers and lied to their father Jacob that Joseph was dead. Joseph was taken far away from home and made to work as a servant in Potiphar’s house. There he was wrongly accused and put in prison. However, after more



than two years of being in prison (Genesis 41:1), one day, unexpectedly Joseph was brought out of prison and elevated to the position of Prime Minister and God blessed him.

During this time God has worked healing in Joseph's heart. This is evidenced by the names he gave his children.

Genesis 41:50–52

50 And to Joseph were born two sons before the years of famine came, whom Asenath, the daughter of Poti-Pherah priest of On, bore to him.

51 Joseph called the name of the firstborn Manasseh: "For God has made me forget all my toil and all my father's house."

52 And the name of the second he called Ephraim: "For God has caused me to be fruitful in the land of my affliction."

And then after about nine years being Prime Minister of Egypt, Joseph's brothers unknown to them, find themselves bowing down before their brother.

Imagine what thoughts, feelings and emotions Joseph would have experienced at that moment. While Joseph engaged with them, initially hiding his true identity, here are somethings the Scriptures state:

"So Joseph recognized his brothers, but they did not recognize him. Then Joseph remembered the dreams which he had dreamed about them,..." (Genesis 42:8-9)

"And he turned himself away from them and wept." (Genesis 42:24)

"Now his heart yearned for his brother; so Joseph made haste and sought somewhere to weep. And he went into his chamber and wept there. Then he washed his face and came out; and he restrained himself, and said, "Serve the bread." (Genesis 43:30-31)

"Then Joseph could not restrain himself before all those who stood by him, and he cried out, "Make everyone go out from me!" So no one stood with him while Joseph made himself known to his brothers. And he wept aloud, and the Egyptians and the house of Pharaoh heard it." (Genesis 45:1-2)

And finally, when Joseph reveals his identity to his brothers, listen to the words he spoke to them:

Genesis 50:18–21

18 Then his brothers also went and fell down before his face, and they said, "Behold, we are your servants."

19 Joseph said to them, "Do not be afraid, for am I in the place of God?"

20 But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.



21 Now therefore, do not be afraid; I will provide for you and your little ones.” And he comforted them and spoke kindly to them.

These are the words that come from a heart that has been healed from the wounds of the past. If God could bring Joseph to a place where he could forget and forgive his brothers who had done him wrong, He can help you and me as well today!

Psalm 23:3

He restores my soul; He leads me in the paths of righteousness for His name’s sake.

What can we learn from this:

- Perceive the past from your present identity in Christ (new creation).
- Perceive the past from your present position of grace (forgiven).
- Pray and extend forgiveness even as God has forgiven you.
- Relate to the past based on what God can do through you (forgive and honor those who may have hurt you).
- Pray in tongues about that issue. The Holy Spirit knows exactly what to pray for so that healing can be accomplished in our souls.
- Look ahead to the future (reject negative emotions).

Biblical and practical steps to guard and strengthen yourself emotionally

(Pastors, briefly mention these. No need to elaborate due to lack of time. Details will be in the book.)

Complete tasks

Proverbs 13:19

A desire accomplished is sweet to the soul, But it is an abomination to fools to depart from evil.

Watch what you say. Your words affect your soul.

Proverbs 21:23

Whoever guards his mouth and tongue Keeps his soul from troubles.

Choose your company carefully

Proverbs 22:24-25

**24 Make no friendship with an angry man, And with a furious man do not go,
25 Lest you learn his ways And set a snare for your soul.**



Do deeds of kindness

Proverbs 11:17

The merciful man does good for his own soul, But he who is cruel troubles his own flesh.

Receive encouragement from those who care

Proverbs 16:24

Pleasant words are like a honeycomb, Sweetness to the soul and health to the bones.

SALVATION CALL

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



LIFE GROUP STUDY GUIDE

Sunday November 20, 2022

My Mind

Part 6: Overcoming Negative Thoughts and Emotions

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *Psalms 23*

INVESTIGATE God's Word Together

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

1, Review the four Biblical practices that were highlighted in countering negative thoughts and emotions and how these are applied to (a)overcoming fear, (b)overcoming depression and (c)overcoming thoughts of self-harm and suicide.

A, Meditate in God's Word

B, Speak God's Word

C, Take thoughts captive, cast down arguments and imaginations and pull-down strongholds



D, Renew the mind by thinking aligned to God's thoughts and God's ways

2, Try to “re-live” being Jacob and journey through his life experience and discover how he would have dealt with the pain of the past, his own wrongdoing of cheating his brother, with God’s help.

3, Try to “re-live” being Joseph and journey through his life experience and discover how he would have dealt with the pain of the past, the negative thoughts and emotions that would have come to his mind, with God’s help.

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

1, families to be protected and strengthened

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.

Close by thanking God together.



USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

SERMON OUTLINE

In this sermon we discuss four Biblical practices in countering negative thoughts and emotions and illustrate how these are applied to (a)overcoming fear, (b)overcoming depression and (c)overcoming thoughts of self-harm and suicide.

A, Meditate in God's Word

B, Speak God's Word

C, Take thoughts captive, cast down arguments and imaginations and pull-down strongholds

D, Renew the mind by thinking aligned to God's thoughts and God's ways

We also discuss how to deal with the negatives of the past, situations where we may have done wrong, as in the case of Jacob and Esau, or past situations where we have been wronged, as in the case of Joseph and his brothers. We discover Biblical principles to be healed of the pain of the past and be free from the negative thoughts and emotions associated with past experiences.

Mental health has to do with how you are doing in your soul - your mind, will and emotions. It has to do with your emotional and psychological well-being. Having good mental health, being sound, well and whole in your soul is important because it affects



how we feel, think, and behave. It affects how we go about life, how we relate to others, how we face challenges and handle difficult situations and how we do things we are responsible for - education, work, etc. When we are doing well mentally, we can enjoy life, enjoy meaningful relationships, enjoy work, overcome life's challenges, be productive, keep growing towards our full potential and make meaningful contributions to those around us. The fact is that all of us face challenges at one point or another, with our mental health, our emotional and psychological well-being. There is nothing wrong in recognizing the difficulties you are facing, getting help, and addressing those mental health challenges in a positive way.

In this sermon series we discover a Biblical approach towards training and developing our soul, so that we can maintain good mental health, live with soundness, wellness, and wholeness in our mind, with a good, healthy positive mindset. In part 1, we discuss "The Mind, Imagination and Mental Health." In part 2, we address the topics of "Concentration, Distractions, Wandering". In part 3, we try to understand how "Temptations, Addictions, Deceptions" work and how to overcome these. In part 4, we learn about "Controlling Your Thoughts, Training Your Thinking" so we can use our faculties effectively. In part 5, we discover the important discipline of "Renewing Your Mind and Renewed Thinking", that transforms our way of life. In part 6, we learn the Biblical way to "Overcoming Negative Thoughts", an important area for all of us. In part 7: we understand the importance of "Maintaining a Positive Mindset".

KEYWORDS

mind, mental health, mood, positive mindset, peace of mind, mental fitness, mental well-being, emotional well-being, controlling my thoughts, training my mind, renewed mind, renewing my mind, spiritual mind, Bible and mental health, Biblical mental health, negative thoughts, emotional disorders, mental illness, concentration, distraction, temptations, addictions, negative thoughts, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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